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## Musicoterapia

*Estructura y flexibilidad en el proceso de musicoterapia*

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Dr. Tony Wigram - 11.6.99

## **Role Playing Clients:**

### **Training of the 2nd Year Music Therapy Course**

#### **Recommendations:**

##### **General Points for Clients:**

1. You are role playing, not acting
2. Don't exaggerate your roles
3. You don't play all the time. Often improvisations in groups may only last 4-8 minutes, sometimes less.
4. The descriptions are guidelines. You should NOT carry out behaviours in the descriptions ALL the time - only some of the time. Much of it goes on in your head.

##### **General points for therapists:**

1. Try to be stable, centred, calm. Develop a therapeutic presence.
2. Don't talk during improvisations, unless it is really necessary.
3. Don't move around too much, it causes a chaotic atmosphere
4. Position your clients so that you can have easy contact with 2 or 3 at a time
5. For verbal clients, explain carefully what you are asking them to do.
6. Don't be afraid to ask the clients what they want to do - don't try to control everything.
7. Try to do some research on the client groups you will work with: check their diagnostic criteria in DSM IV or ICD 10. Read articles in Case Studies of Music Therapy to see how other therapists have worked - even if they are individual case studies.
8. DON'T play all the time. You can stop. Music is a balance between sound and silence. Allow the silence.
9. Don't have too many instruments around. It is confusing for the clients. You can always bring some more from a corner of the room if necessary.
10. Work to develop musical contact between two or more clients, by using your musical skills to establish common ideas between different people's playing.

# **BRIEF GUIDELINES FOR THERAPY GROUPS.**

## **GENERAL NEEDS, APPROACH, METHODS**

### **Depressed groups (Groups 1 & 2):**

#### **Needs:**

- develop self-esteem
- move on from stuck positions in their life
- make decisions
- work through feelings which cause depression
- stop going round in circles
- gain energy

#### **Approach; method:**

- give them a chance to decide what they want to do
- help them make decisions
- going from one feeling to another i.e. weak - strong
- use thematic improvisation
- not too much structure
- not too much instructions and control
- help them to validate themselves - don't be their super-ego

### **Psychotic groups (Groups 3 & 4):**

#### **Needs:**

- grounding, stabilisation, concrete activities
- reality orientation
- don't believe in or reinforce their psychotic fantasies

#### **Approach, method:**

- Help them concentrate and focus on music-making.
- Help them talk about what they are doing, and what it means.
- Use structured, and semi-structured activities
- Contain them, keep calm and stable, hold their focus
- Work on their contact with you AND with each other

## **Anxiety Group (group 5):**

### **Needs:**

- Security, but also coping with lack of security
- To reduce the behavioural manifestation of their anxiety
- To explore the origin of their anxiety ( difficult in one session)
- To work with the emotional feelings they experience when anxious

### **Approach;method:**

- Ask them what they want to work on
- Talk about the issues they have and how they will work to develop and progress
- Work on situations that make them feel anxious and situations that make them feel OK - develop improvisations going from one to another
- Not too much structure or direction - they need to learn to manage situations they find difficult.

## **Handicapped Groups ( Autism (grouo 6), severe learning disabled (Group 7):**

### **Needs:**

- Flexibility
- Work at their level, use mirroring, matching, copying and accompanying techniques
- They need you to come into their world

### **Approach; method:**

- With both groups, don't be too demanding or confronting
- Listen to what they do first
- Give them a lot of time to respond
- Use very little language - just their names
- Semi-structured approach ( welcome songs, improvisation)
- free approach - (work individually within the group)
- Not too much moving around - stay central and stable

### **Blind Group (group 8):**

#### **Needs:**

- Feelings of independence, self sufficiency
- working through fears and anxieties, and bad feelings about their impairment
- contact with others

#### **Approach; method**

- Ask this group what THEY would like to do, as well as having some ideas you want to work on
- Allow them to choose instruments, and hear what each others instruments sound like - especially in group improvisation. Give them a chance to talk about their experience in improvisation
- one suggestion - record and play back their improvisations

### **Alzheimers/Dementia Group (Group 9):**

#### **Needs:**

- Coping and working through loss
- Remembering events and people in their lives
- working with their emotional needs - happiness, sadness, nostalgia etc
- To be listened to

#### **Approach;method:**

- NOT starting with a "hello song"
- Can use well known songs and pieces to evoke memories
- NOT free/atonal improvisation
- Structured music
- Help them make decisions, have more control and power in their lives